



# Parent Update

A Newsletter for Families of Those Residing at the  
Southwestern Virginia Training Center

## SWVTC BARN DANCE EXTRAVAGANZA

Everyone had an awesome time kickin' up their heels at this year's fall dance. The theme for the dance was hay bales and handkerchiefs. The special entertainment for the night was brought to us by the Blue Ridge Country Kickers. They came out and taught us all how to do some clogging and flat-footing. Then we got in a circle and the Country Kickers taught us a form of square dance called a hoedown. The treat for the night was All-American Apple pie and vanilla ice cream.



Above: Chris S had fun at the barn dance!!

The Country Kickers taught Mona and Sara Beth how to square dance. They said they had a lot of fun!!

Below: David F happy as usual!!!



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### Special points of interest:

- \* SWVTC kicks off fall with a dance!!
- \* October is filled with lots of SPOOK-TACULAR Events
- \* The Hiking Club visits Mt Jefferson
- \* The Cooking Club is whipping up lots of good treats!!!

# The HAUNTED HALLOWEEN HAYRIDE

This year the Individuals at SWVTC got a real treat when they got to go on a Haunted Hayride in search of the missing mummy and try to break the spell that would send him back to his tomb. The first stop was with the Archeologist, India Jones, in which everyone received gold coins to pay others for information along the trail. Here they were briefed about the importance of helping India to find the mummy and get it back into the tomb. The next stop was the creepy old man who in exchange for some gold coins gave everyone gummy worms to use for casting spells on the mummy down the road. Next stop was the vampires who gave them gummy vampire fangs and information in exchange for gold coins. The last stop was the witches who cast the spell to put the mummy back in his tomb FOREVER!!!

Everyone said they had a great time following this silly story line down the trail!!! They also had fun collecting their treats along the path and seeing what was about to pop up out around the next corner!!!



Top L-R: Janet, Debbie, Olivia, all helped to bring the story of the missing mummy ALIVE!!

Right: Josh Edmonds (volunteer) played the mummy.





## 4th Annual Halloween Carnival

Everyone came out again for the 4th year in a row for Building One's Trick-or-Treat Halloween Carnival. The Fiscal Dept dressed up like movie stars and depicted a night on the Red Carpet and everyone got to pose with the star of the night a green alien. Then they moved on to the other departments to trick-or-treat and collect all kinds of goods treats. Dr. Woods was handing out neon bracelets Human Resources dressed as pirates and handed out shark squirt guns. Michelle Laird, Risk Manager, led the games and gave away beanie balls as prizes. Carole Everhart, our FNP, painted nails and gave away plastic ducks. All of the festivities concluded with punch and cake furnished by the food service department. Overall the day was quite a success. Everyone got lots of good treats and was already saying they couldn't wait until next year.



Left: Fiscal Dept. dressed to walk the Red Carpet!!

Right: Kevin decided to go as a pirate for Halloween



Left: Scottie had a truly original costume! GO SCOTTIE!!

Right: Kevin W. decided to represent Michael Jackson for



## Halloween Carnival Continued.....



Top:: Patricia P in all her glitz and glamour!

Middle: Andy G made his own tie-dye t-shirt and got his face painted for the occasion.

Bottom: Theresa was a pretty pretty princess in purple!!



Top: Sandy L brought out her finest princess dress just for the occasion. She looked beautiful!!

Bottom: Tony C. came as his favorite super hero BATMAN!!





## Hiking Club Visits Mt. Jefferson State Park

By Janet Crowder

The Hiking Club recently visited Mt. Jefferson State Park in West Jefferson, NC and hiked on a couple of the trails. Interestingly enough, Janet said, "they have a huge rock formation called the "Luther Rock" but were not sure if it was named for our Luther." Luther had an up-close experience with a grouse that flew up in front of him on the trail. It scared him to death! He literally jumped up on Tom's back to get away from it.

The views from the trail were gorgeous! After our hike, we had a wonderful dinner at Shatley Springs.



Tom Smith, Raymond, and Luther posing in front of a huge rock formation at Mt. Jefferson State Park

## What's Happening At SWVTC?

### Sheila Osbourne entertains and sings at SWVTC!

On Friday October 16th Sheila Osbourne came out to entertain us with her amazing singing abilities. She has recorded three Southern gospel CDs and was happy to share these with us. Each person was given a CD of their choice to take home with them as a gift from Sheila. Everyone really enjoyed the performance and we hope that she will return again soon!!



Sheila Osbourne and Luther F. smiling after her performance.

## A Look at SWVTC Cooking Club By Olivia Donald

August was a great month for a cookout! Several members of the Cooking Club gathered at the therapeutic playground at Building 12 and prepared a great meal. Johnney H., Weslie R., Susan M., Tommy S., Cathy B. and Larry B. enjoyed a wonderful meal they all helped prepare. Before we could prepare, we had to shop. Johnney, Weslie and Cathy went to the grocery store to purchase the items on the list. The menu consisted of hamburgers, which they pattied themselves; hotdogs; macaroni salad; deviled eggs; baked beans; chips; and cake. Everyone had a great time!

September rolled around and it was time for breakfast for dinner. Albert M., Kevin W., Jeanne B., James R. and Luther R. prepared a feast fit for a king or queen! They made sausage, bacon, homemade pancakes and sausage gravy, biscuits and fried potatoes. James, Jeanne and Albert helped to shop for all of these items at the grocery store. The group helped set the table and arranged the food family style. They all dined together and had a nice conversation over dinner. Bill Bryant stated that he enjoyed helping prepare the meal but his favorite part was the "actual interaction experience during the meal." After the meal was finished everyone pitched in and helped clean up before it was time to go home.

October's event...Soup, Sandwich and COOKIES!!



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**LIFE at SWVTC**

**VISION:** Living  
Independently and  
Functionally Everyday

**MISSION:** Support Work  
Value Teach Communicate

## A Note From Abby

Well Halloween has come and gone and we are well on our way into the Holiday season. I know that it seems like we skip Thanksgiving anymore just to get to Christmas, but I say anything that brings a smile to our Individual's faces who live here "Bring it On!!!!" I am geared up and ready to go for a merry and joyous holiday season of giving and fellowship with our folks here and I have spoken with all of the Christmas sponsors and they are excited too!! We have Cold Creek Church coming out middle of November to sing at each of the residences and deliver fruit baskets and gifts. This kind of fellowship will continue through the holidays due to the caring and wonderful community we live in. There are also the amazing folks in Richmond who are sponsoring about 80 of our Individuals here. They will be coming with a big truck load of presents in December. I CAN'T WAIT!!! Until next time I hope everyone has a safe and wonderful Holiday and Christmas Season and a Happy New Year!!!

## Help for Parents and Associates Advocate Council (PAAC)

Our group needs your help! Is anyone interested in serving as President of the SWVTC PAAC? The duties include chairing PAAC meetings and occasionally representing PAAC at meetings or writing letters on behalf of the membership. The person who serves in this position will have assistance from the facility whenever needed. Please contact your Social Worker if you are interested.

**We need your help!!**

## The *Parent UPDATE* Goes Green

By Dennis Shrewsberry,  
Assistant Director of Administration

In keeping with our efforts to become a "green" facility, we are considering the introduction of an electronic alternative for future editions of the *PARENT UPDATE*. In addition to saving paper, the "e-zine" format would enable the use of color, insertion of links, and other possible enhancements (for those with internet access).

You may receive in the near future an offer to "opt in" to the new format, or to continue receiving your newsletter in its current format. Let us know your thoughts on this by calling or emailing Abby Adkins at 1-276-728-3121 or [Abby.Adkins@dbhds.virginia.gov](mailto:Abby.Adkins@dbhds.virginia.gov).